



Using Screen Time In Positive Ways

Adapted from www.commonssensemedia.org

Depending on what is accessible, a typical day for most children includes a mix of TV, Internet, social media, video games, and cellphone use. This is a lot of media exposure.

It is very important to make sure you know the type of content your child is viewing regularly, and determine if it is age-appropriate.

Families can also use viewing time together as an opportunity to talk about values.

When you are watching TV, playing video games, or looking at YouTube videos, you can talk with your children about what you see and the characters that are portrayed. This works with reading books together, too!

What could you talk about?

Here are a few questions you can adapt, depending on what you are watching, playing, or reading.

Teamwork

- ▶ How did the characters work together to get things done?
- ▶ How did each person contribute, and what are some of the ways they supported one another?
- ▶ How can you use teamwork in your own life, like in school or with friends?

Staying Calm

- ▶ How did the characters keep their cool when things got tough?
- ▶ When did they have to make choices to stay calm or focused?
- ▶ How can you practice self-control, especially when you're online or playing games?

Stick-to-it-ness

- ▶ What obstacles did the characters face, and how did they push through?
- ▶ What helped them keep going, even when things were hard?
- ▶ How can you show perseverance when you're working on something challenging?

Character

- ▶ What does it mean to do the right thing, even when it's not easy?
- ▶ How did the characters show honesty and fairness?
- ▶ How can you be truthful and fair, both online and offline?

Gratitude

- ▶ How did the characters show they were thankful for what they had?
- ▶ What are some ways you can show appreciation for the people and things in your life?
- ▶ How can you use social media or digital platforms to spread gratitude and positivity?

Courage

- ▶ How did the characters show bravery when things got tough?
- ▶ When have you needed to be brave, either in person or online?
- ▶ How can you stand up for what's right, even when it's not popular?

Thoughtfulness

- ▶ How did the characters show kindness and care for others?
- ▶ What are some ways you can help others, both in your community and online?
- ▶ How can you support people who are struggling, whether in person or through social media?

Sharing

- ▶ Did the characters share their thoughts and feelings in a clear way? If so, how did they do that?
- ▶ What are some ways you can improve how you communicate, both in conversations and online?
- ▶ How can you use digital tools to communicate respectfully and effectively?